

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

Nov. 5th Roast acorn squash, brown rice pilaf with apples,

raisins & walnuts, green beans

Nov. 12th Roast chicken breast w/tomato, olives & Feta cheese,

orzo w/herbs, sautéed chard with garlic

Nov. 19th Thanksgiving turkey dinner

Dec. 3rd Vegetarian baked stuffed shells with Parmesan sauce,

mixed green salad

Pork medallions w/Chinese ginger sauce, steamed rice, **Dec. 10**th

sweet & sour carrots

CHRISTMAS PARTY ~ PLEASE BE HERE AT Dec. 17th

> 12 NOON FOR A HOLIDAY PERFORMANCE BY THE WELLFLEET ELEMENTARY SCHOOL CHORUS

Greek shrimp scampi w/tomatoes & Feta, rice pilaf,

mixed green salad

Dec. 31st **NEW YEAR'S EVE CELEBRATION** ~ Orange maple

baked salmon, mashed sweet potatoes, vegetable

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

Nov. 2nd Chicken chili

Nov. 9th Pureed kale

Nov. 16th White bean w/tomato & chicken sausage

Nov. 23rd Mixed vegetable

Nov. 30th Italian beef meatball soup

Dec. 7th Potato leek

Dec. 14th Curried cream of chicken w/rice & peas

Dec. 21st Pureed cauliflower w/spinach

Chicken vegetable w/barley & bow tie pasta Dec. 28th

































